

Swimming Lessons

Swimming Lessons in Southern Region

If the dates and times you want for swimming lessons are not available at Larry Weeks Community Pools at Vint Hill, check-out page 15. Lessons sponsored by the Fauquier County Parks & Recreation Department are also scheduled in the Southern Region at the Bealeton Station Apartments, 11166 Willow Drive, Bealeton, VA 22712. Call (540) 788-4867 for more information.

Adult Swim Lessons

Our adult program is an ideal class for anyone looking to gain more confidence in the water or just improve their form. Our facility has an inviting environment even if you are nervous about the water. It's never too late to learn to swim or learn to swim ***better!*** These classes can help you do both. All levels of ability welcome. The class will be tailored to meet individual needs. Swim lessons will be offered during the evenings. Please see page 25–26 for a complete listing of all swim lessons.

Swimming Lesson Scholarship Program

One important goal of the Fauquier County Parks & Recreation Board has been to work toward teaching each Fauquier County child how to swim. A special trust fund has been established to help fund this effort. The proceeds of which will be available to a limited number of youth for the 2006 Swimming Lessons at Larry Weeks Community Pools. If you know of a child less than 10 years of age who does not know how to swim and cannot afford lessons,

please make them aware of this program. Information is available at any FCPRD Regional office. See page 35 for office locations.

To contribute to this program, please use the “Tax Deductible Gift” form located on page 28. Indicate your gift as “Swimming Lesson Trust Fund”.

Swimming Lesson Guidelines

- Children not toilet-trained must wear swim diapers. (Diaper machine located in concession cove.)
- Students may need to attend several sessions of lessons before progressing to the next level.
- If a student enrolls in a lesson that is too advanced for his/her skills, FCPRD staff will make every effort to accommodate the student by placing him/her in the appropriate level. However, if the appropriate level is not available during the same dates, the registration fee will be refunded or the student may register for the appropriate level offered during a later session. The student will not be allowed to participate in a level that is too advanced for his/her skills.
- FCPRD staff will place students into appropriate age groups in the level courses.
- Ages provided in the Swim Skills Progression Chart are the average projected progression for swim lesson participants.
- The pools are not available for public swim during swim lessons.

Private Swim Lessons

Private Swim Lessons for children and adults are offered at the Larry Weeks Community Pools at Vint Hill. ***Private Individual Lessons*** are defined as having only one child or adult assigned to an instructor. ***Private Group Lessons*** are defined as having two (2) or more children or adults who are in the same swimming skill levels. (Refer to the Group Swim Lesson Skills Progression Chart below for more information on determining your swimming skill level.)

Private lessons are offered on the same days and times as group lessons. (Refer to the Group Swim Lessons Chart on page 25–26 for specific days and times.) Private Swim Lesson Request Forms are available at all FCPRD Region Offices and the Larry Weeks Community Pools at Vint Hill. Call (540) 347-6834 for more information. See page 31 for region office locations.

Private Swim Lessons Six–40 minute lessons

Residential Status	Individual Lessons (Per Child)	Group Lessons (Each add'l child)
County	\$150	\$50*
Non-County	\$300	\$75*

*Note: All private group lesson students must register at the same time.

Group Swim Lesson Skills Progression Chart

Skills Screening for all FCPRD Swim Lessons:

Are you unsure of what swim level to enroll your child? For your convenience, FCPRD offers in-water skills screenings at the Larry Weeks Community Pools seven days a week during operating hours. Just come to the pool and ask to have a lifeguard give your child a swim test. Cost is the pool admission fee.

Level	Recommended Age	Class Length	Prerequisites	New Skills Taught
Infant/Toddler	6–18 months	40 min.	Parents must get in the water.	Introduction to water, games and activities.
Infant/Toddler	18–36 months	40 min.	Parents must get in the water.	Introduction to water, games and activities.
Preschool I	3–5 years	40 min.	Must be able to leave parent willingly and follow directions.	Water adjustment, entry, floating and breathing introduced.
Preschool II	3–5 years	40 min.	Must be able to submerge face with comfort and float on front and back without support.	Kick, glide and arm stroke on front and back.
Level I	4–12 years	45 min.	Must be able to leave parent willingly and follow directions.	Water exploration for those with fear or limited exposure to water. Fully submerge face. Experience buoyancy and demonstrate basic breath control. Demonstrate supported floating and kicking on front and back. Enter water independently.
Level II	5–12 years	45 min.	Level I Completion Certificate or must be able to submerge face for 3–5 seconds and glide to instructor.	Submersion, front and back floats, leg and arm action and breathing.
Level III	6–12 years	45 min.	Level II Completion Certificate or must be able to swim 5 yards on front and back on surface of water.	Rotary breathing in front crawl and freestyle; back crawl and backstroke; elementary backstroke; treading water; diving from poolside.
Level IV	6–12 years	45 min.	Level III Completion Certificate or be able to swim 10 yards each front crawl with rotary breathing, back crawl and elementary backstroke.	Develop and refine elementary backstroke, breaststroke kick and sidestroke kick.
Adult	18 years & up	45 min.	No prerequisites.	Classes designed to develop all swimming skills.

Group Swim Lessons

Location: Larry Weeks Community Pools at Vint Hill • County/Non-County Fee: \$65/98

Morning Lessons Session I—June 19–June 30 • Register by June 13th

Option	Level	Age	Time	Days	Day	Make-up Length	Code
★ 1	Preschool I	3–5 years	9:00a–9:40a	M–Th	F	2 wks	1838
2	Infant/Toddler II	18–36 months	9:00a–9:40a	M–Th	F	2 wks	1839
★ 3	Level I	4–8 years	9:00a–9:45a	M–Th	F	2 wks	1840
4	Level II	5–8 years	9:00a–9:45a	M–Th	F	2 wks	1841
5	Level III	6–10 years	9:00a–9:45a	M–Th	F	2 wks	1842
6	Level IV	6–12 years	9:00a–9:45a	M–Th	F	2 wks	1843
7	Infant/Toddler I	6–18 months	10:00a–10:40a	M–Th	F	2 wks	1844
8	Infant/Toddler II	18–36 months	10:00a–10:40a	M–Th	F	2 wks	1847
★ 9	Preschool I	3–5 years	10:00a–10:40a	M–Th	F	2 wks	1848
10	Preschool II	3–5 years	10:00a–10:40a	M–Th	F	2 wks	1849
★ 11	Level I	4–8 years	10:00a–10:45a	M–Th	F	2 wks	1850
★ 12	Level II	5–8 years	10:00a–10:45a	M–Th	F	2 wks	1851
13	Level II	9–11 years	10:00a–10:45a	M–Th	F	2 wks	1852

Morning Lessons Session II—July 3–14 • Register by June 27th

Option	Level	Age	Time	Days	Day	Make-up Length	Code
14	Preschool I	3–5 years	9:00a–9:40a	M–Th	F	2 wk	1853
15	Preschool II	3–5 years	9:00a–9:40a	M–Th	F	2 wks	1854
16	Level I	4–8 years	9:00a–9:45a	M–Th	F	2 wks	1855
17	Level II	5–8 years	9:00a–9:45a	M–Th	F	2 wks	1856
18	Level III	6–8 years	9:00a–9:45a	M–Th	F	2 wks	1857
19	Level III	9–12 years	9:00a–9:45a	M–Th	F	2 wks	1858
20	Level IV	6–12 years	9:00a–9:45a	M–Th	F	2 wks	1859
21	Infant/Toddler I	6–18 months	10:00a–10:40a	M–Th	F	2 wks	1860
22	Infant/Toddler II	18–36 months	10:00a–10:40a	M–Th	F	2 wks	1861
23	Preschool I	3–5 years	10:00a–10:40a	M–Th	F	2 wks	1862
24	Preschool II	3–5 years	10:00a–10:40a	M–Th	F	2 wks	1864
25	Level I	4–8 years	10:00a–10:45a	M–Th	F	2 wks	1865
26	Level II	5–8 years	10:00a–10:45a	M–Th	F	2 wks	1866
27	Level II	9–11 years	10:00a–10:45a	M–Th	F	2 wks	1868

Morning Lessons Session III—July 17–28 • Register by July 12th

Option	Level	Age	Time	Days	Day	Make-up Length	Code
28	Infant/Toddler I	6–18 months	9:00a–9:40a	M–Th	F	2 wks	1869
29	Preschool I	3–5 years	9:00a–9:40a	M–Th	F	2 wks	1870
30	Preschool II	3–5 years	9:00a–9:40a	M–Th	F	2 wks	1871
31	Level I	4–8 years	9:00a–9:45a	M–Th	F	2 wks	1872
32	Level II	5–8 years	9:00a–9:45a	M–Th	F	2 wks	1873
33	Level III	6–10 years	9:00a–9:45a	M–Th	F	2 wks	1874
34	Level IV	6–12 years	9:00a–9:45a	M–Th	F	2 wks	1875
35	Infant/Toddler II	18–36 months	10:00a–10:40a	M–Th	F	2 wks	1876
36	Preschool I	3–5 years	10:00a–10:40a	M–Th	F	2 wks	1877
37	Preschool II	3–5 years	10:00a–10:40a	M–Th	F	2 wks	1878
38	Level I	4–8 years	10:00a–10:45a	M–Th	F	2 wks	1879
39	Level II	5–8 years	10:00a–10:45a	M–Th	F	2 wks	1880
40	Level II	9–11 years	10:00a–10:45a	M–Th	F	2 wks	1881
41	Level III	6–10 years	10:00a–10:45a	M–Th	F	2 wks	1882

★ CLASS FULL, Wait List Only

Morning Lessons Session IV—July 31–August 11 • Register by July 24th

Option	Level	Age	Time	Days	Day	Make-up Length	Code
42	Infant/Toddler II	18–36 months	9:00a–9:40a	M–Th	F	2 wks	1883
43	Preschool I	3–5 years	9:00a–9:40a	M–Th	F	2 wks	1884
44	Preschool II	3–5 years	9:00a–9:40a	M–Th	F	2 wks	1885
45	Level I	4–8 years	9:00a–9:45a	M–Th	F	2 wks	1886
46	Level II	5–8 years	9:00a–9:45a	M–Th	F	2 wks	1887
47	Level II	9–11 years	9:00a–9:45a	M–Th	F	2 wks	1888
48	Level III	6–10 years	9:00a–9:45a	M–Th	F	2 wks	1889
49	Infant/Toddler I	6–18 months	10:00a–10:40a	M–Th	F	2 wks	1890
50	Preschool I	3–5 years	10:00a–10:40a	M–Th	F	2 wks	1891
51	Preschool II	3–5 years	10:00a–10:40a	M–Th	F	2 wks	1892
52	Level II	5–8 years	10:00a–10:45a	M–Th	F	2 wks	1893
53	Level II	9–12 years	10:00a–10:45a	M–Th	F	2 wks	1894
54	Level III	6–10 years	10:00a–10:45a	M–Th	F	2 wks	1895
55	Level IV	6–12 years	10:00a–10:45a	M–Th	F	2 wks	1896

Evening Lessons Session V—June 19–June 30 • Register by June 13th

Option	Level	Age	Time	Days	Day	Make-up Length	Code
★ 56	Infant/Toddler II	18–36 months	7:15p–7:55p	M–Th	F	2 wks	1897
★ 57	Preschool I	3–5 years	7:15p–7:55p	M–Th	F	2 wks	1898
58	Level I	4–8 years	7:15p–8:00p	M–Th	F	2 wks	1899
59	Level II	5–8 years	7:15p–8:00p	M–Th	F	2 wks	1900
60	Level III	6–10 years	7:15p–8:00p	M–Th	F	2 wks	1901
61	Level IV	6–12 years	7:15p–8:00p	M–Th	F	2 wks	1902
62	Adult	18 & up	7:15p–8:00p	M–Th	F	2 wks	1903

Evening Lessons Session VI—July 3–14 • Register by June 27th

Option	Level	Age	Time	Days	Day	Make-up Length	Code
63	Preschool II	3–5 years	7:15p–7:55p	M–Th	F	2 wks	1904
64	Level I	4–7 years	7:15p–8:00p	M–Th	F	2 wks	1905
65	Level I	8–12 years	7:15p–8:00p	M–Th	F	2 wks	1908
66	Level II	5–8 years	7:15p–8:00p	M–Th	F	2 wks	1906
★ 67	Level III	6–10 years	7:15p–8:00p	M–Th	F	2 wks	1907
68	Level IV	6–12 years	7:15p–8:00p	M–Th	F	2 wks	1909
69	Adult	18 & up	7:15p–8:00p	M–Th	F	2 wks	1910

Evening Lessons Session VII—July 17–28 • Register by July 12th

Option	Level	Age	Time	Days	Day	Make-up Length	Code
70	Infant/Toddler I	6–18 months	7:15p–7:55p	M–Th	F	2 wks	1911
71	Level I	4–7 years	7:15p–8:00p	M–Th	F	2 wks	1912
72	Level I	8–12 years	7:15p–8:00p	M–Th	F	2 wks	1917
73	Level II	5–8 years	7:15p–8:00p	M–Th	F	2 wks	1918
74	Level II	9–12 years	7:15p–8:00p	M–Th	F	2 wks	1919
75	Level III	6–10 years	7:15p–8:00p	M–Th	F	2 wks	1920
76	Adult	18 & up	7:15p–8:00p	M–Th	F	2 wks	1921

Evening Lessons Session VIII—July 31–August 11 • Register by July 24th

Option	Level	Age	Time	Days	Day	Make-up Length	Code
77	Infant/Toddler II	18–36 months	7:15p–7:55p	M–Th	F	2 wks	1922
78	Preschool I	3–5 years	7:15p–7:55p	M–Th	F	2 wks	1923
79	Preschool II	3–5 years	7:15p–7:55p	M–Th	F	2 wks	1924
80	Level I	4–8 years	7:15p–8:00p	M–Th	F	2 wks	1925
81	Level II	5–8 years	7:15p–8:00p	M–Th	F	2 wks	1926
82	Level III	6–10 years	7:15p–8:00p	M–Th	F	2 wks	1927
83	Adult	18 & up	7:15p–8:00p	M–Th	F	2 wks	1928